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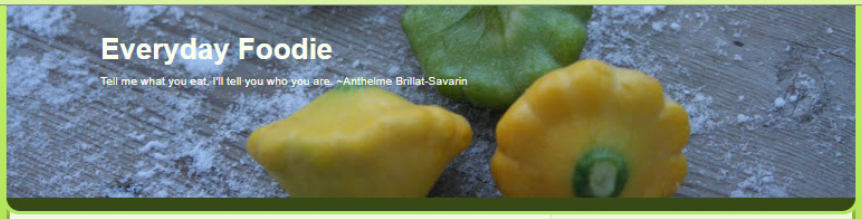


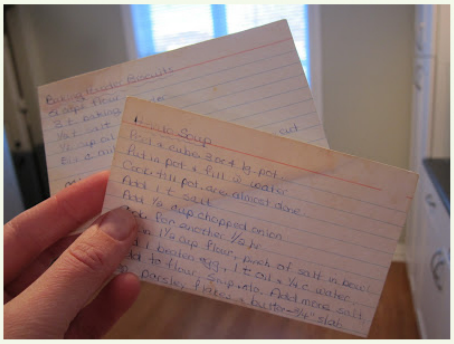



SATURDAY, NOVEMBER 19, 2011

## Depression Potato Soup and Biscuits

My **great grandmother** lived until 101. She was an extraordinary woman, healthy right until the end. She **lived through the depression** and other times of having very little, **making meals** out of what could be found in the **garden**. Meals had to be **simple**, using **very few ingredients.**

She **passed** on her **potato soup recipe** to my **grandma**, who made it for me when I was growing up. My grandma passed this recipe to my **mom**, who also made this for me as a kid, serving it with **baking powder biscuits**. Now, **I have my mom's recipe**, and occasionally make potato soup, every time thinking of my mom, grandma and great grandma, each making this soup to feed their families.



You start by **peeling some potatoes.** There are no magic numbers for ingredients with this recipe. It was pretty much always made from memory and never measured.

Chop the peeled potatoes and **throw them into a pot.**
**Cover** the potatoes **with water**, and **cook until tender.**

Meanwhile, **chop an onion** and **saute it in butter** until translucent.

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Once the onion is translucent, **dump it into the pot.**
Add some **salt and parsley** and **cook** for about **half an hour.**

Put a **bunch of butter** into the pot. If you think you added enough, add more.

Then comes the fun part! **Make the dough balls.** Put 1 1/2 cups of flour and a pinch of salt into a bowl. Add 1 beaten egg, 1 t oil, and about 1/4 cup water (or more if needed) until you have a dough.

After about a half an hour of cooking the soup, and stirring occasionally, it **should start to get creamier** looking. If not, cook a little longer. **Add more butter** - it makes the soup! **Add more salt** as needed.

**Once** you think the soup is about **5 minutes away from being done**, take some of the **dough onto a fork** and **dip it into the soup.** Keep doing this until all the dough is gone. Warning - the dough grows, so take small amounts.

Gourmandize Interview

Gourmandize

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Jolene - EverydayFoodie

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This will create little "**dough balls**" or dumplings in the soup.

**As a kid**, these were by far my **favourite part**.
I would always have my grandma make me one HUGE one.

Then, for good measure ... **add more butter.**

This soup is **best served** with **baking powder biscuits**, and I have the **BEST recipe.**

### *Baking Powder Biscuits*

2 cups flour
3 tsp baking powder
1/2 tsp salt
1/2 cup veg. or canola oil
3/4 cup milk

Mix above. Knead for 30 seconds. Roll out and cut into rounds (with a small glass). Put on an ungreased pan and bake at 400 for 12 minutes. Serve right out of the oven with butter or whatever.

### *Potato Soup Recipe*

Peel and cube some potatoes and put in a pot with water to cover (or a little higher).
Cook until almost done.
Add 1 tsp salt (or more).
Meanwhile, cook 1 chopped onion in butter until translucent, then add to pot.
Cook for another 1/2 hour or so.
Add butter, parsley, salt - LOTS!

To make the dough balls, put 1 1/2 cups flour and a pinch of salt into a bowl. Add 1 beaten egg, 1 tsp oil, and 1/4 water or more, until you have a dough. Use a fork to pick up some dough and dip it into the soup in the last few minutes of cooking.

Serve with more butter, because butter makes everything better.

***Are there any recipes that have been passed down many generations in your family?***

Like 97 people like this. Be the first of your friends.

Posted by Jolene - EverydayFoodie at 8:43 AM
Labels: baking powder biscuits, best biscuits, biscuits, potato soup

## 20 comments:

Amber said...

This looks AMAZING! I am so going to make this!

November 19, 2011 at 10:56 AM

Kelsey Ann said...

and she would be so proud that her recipes are still being used, passed down through the generations. you know its funny because i was just telling someone yesterday that i love all my old cookbooks my mom has from her mom, passed from her mom, and so on. they are much more simple in the ingredients but it is amazing how fool-proof they are and how much flavour really exudes from them!

xoxo <3

November 19, 2011 at 1:31 PM

DessertForTwo said...

I loved reading about your grandma. I'm so partial to depression-era recipes, as my grandparents lived through it too. Although, they always said the depression ever truly effected them. They said they never felt poor because they always had plenty of food to eat from the farm. They were cotton farmers in north Texas.
Have you been following Jenna @ Eat Live Run who's doing her grandmother's recipes lately too?

Have a great weekend :)

November 19, 2011 at 1:46 PM

Anonymous said...

omg. I was all scared. for a second I thought you were depressed. I was like WAHHHHH. Anyways this looks so comforting..especially with the temps getting low!

November 19, 2011 at 5:31 PM

Mom on the Run said...

This looks great. My grandmother used to make us baking soda bisquits. They were delish.

November 19, 2011 at 6:10 PM

Unknown said...

You know....I have no idea if anything has been passed down through the generations! This looks like such comfort food! I must make it soon!

November 19, 2011 at 10:22 PM

Simply Life said...

oh what a sweet story and recipe to be passed down!

November 20, 2011 at 1:45 AM

Yelena (One Healthy Apple) said...

This looks like the perfect comfort food. I bet it's an honor and amazing to have been around someone who lived till 101- what a treat!

I need to get my grandmother's recipes from my mom. I don't think any of them are written down, but they need to be!

November 20, 2011 at 8:23 PM
Anonymous said...

I have a few recipes that have been handed down: jam jam cookies, sucre a la creme, tourtiere, piquant meatloaf (has a sweet topping made of ketchup, brown sugar, dry mustard, and nutmeg), cream puffs. All my favourites, of course, because otherwise, why would they have been passed down, right?

P.S. Butter really DOES make everything better :)

November 20, 2011 at 9:02 PM
Madeline- Greens and Jeans said...

I'm absolutely making these! Perfect winter comfort food!

November 21, 2011 at 5:13 AM
Kacy said...

That soup looks great. Love the history of it!

November 21, 2011 at 7:11 AM
Anonymous said...

This looks like such an amazing meal. I love family recipes like that! For our family, it's "green spaghetti" that's been passed down many generations.

November 21, 2011 at 8:26 AM
Lisa from Lisa's Yarns said...

I love, love, love potato soup! It's one of my fave soups! I think I could make this work w/ gluten free flour! gf flour is tricky because it usually results in a denser end product, but for a recipe like this, that doesn't matter!

November 21, 2011 at 4:56 PM
Unknown said...

Yum yum yum !!!!

November 22, 2011 at 8:13 AM
Ameena said...

She was 101? How amazing!

I have no cooking skills but my mom does have some amazing recipes to pass down. I'm hoping that Maya gets a clue in the kitchen so someone can carry on the tradition!

November 22, 2011 at 1:03 PM
Emily said...

Wow, I will have to make your grandma's potato soup. It looks amazing! I love the little dumplings. Your biscuits look perfect, too!

November 22, 2011 at 8:27 PM
Everything712 said...

wow! looks delicious :)
I like potato soup
maybe you're interested visit here 7 foods typical of Indonesia

December 8, 2011 at 7:39 AM
Anonymous said...

So you are looking to rid your girl of these unwanted stalkers when
you are drawn to Willow Creek's Black Mirror Castle. This was zero cost because the students went to local stores and asked for either donations and gift cards to purchase these items. At each house you have the hostess serve something small to eat, and host a small game.

my web site student loans

May 11, 2013 at 4:03 AM
Unknown said...

So my mom makes me a version of this tht she said has been passed down in her family. Peel and cut potatoes and put in a broth left over from a roasted meat ( normally chicken) and make the drop biscuits like u did. Add some parsley and voila u have a soup. You are the 1st person I have come across who has something so similar to a food tht I love. Amazing

September 2, 2016 at 10:38 AM
Anonymous said...

My Ukrainian father called this Sterinka and I've never seen a recipe before, thanks for the memory....still make this from time to time in honour of my dad!!

January 28, 2018 at 9:46 PM

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